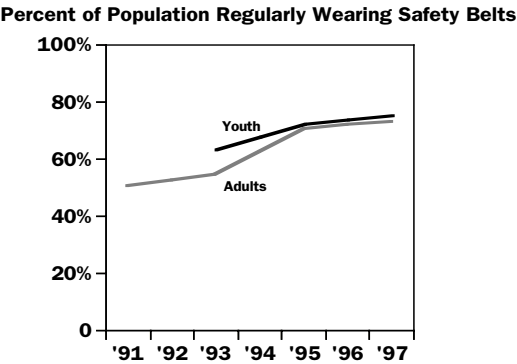


Safety Belt Use

Safety belt use was reported by 74 percent of adults and 75 percent of youths. Eighty percent of girls and 81 percent of women reported wearing safety belts, compared to 70 percent of boys and 66 percent of men. The highest rates of safety belt usage were reported by those age 65 and over (82%) and by college graduates (84%).



Fruits & Vegetables

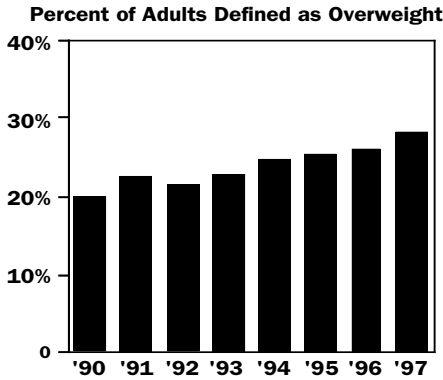
Twenty-nine percent of adults and 40 percent of youths reported eating five or more servings of fruits and vegetables each day. The percentage of women who ate five or more servings a day (36%) is significantly higher than the percentage of men (21%). The highest rates were among adults age 65 and older (40%) and among 8th to 12th grade boys (42%).

Regular Exercise

Twenty-five percent of adults and 40 percent of youths reported getting regular and sustained exercise, for at least 30 minutes, five or more times per week. Eighth to 12th grade boys (45%) and girls (35%) were most likely to exercise, followed by adults age 18 to 24 (33%) and college graduates (31%).

Overweight

Twenty-eight percent of adults are overweight. (Data not available for youth.) Adults between age 18 and 24 were least likely to be overweight (22%) and those age 45 to 64 were most likely to be overweight (35%). The prevalence of overweight was lower among those with more education and those with higher incomes.



Condom Use

Of adults at risk for sexually transmitted diseases, 53 percent reported using a condom during their last sexual intercourse. Sixty percent of sexually active 8th to 12th grade students used a condom during their most recent sexual experience. The highest rate of condom use was among adults age 18 to 24 (73%). Sixty-one percent of youths reported that they have never had sexual intercourse.

Hunger

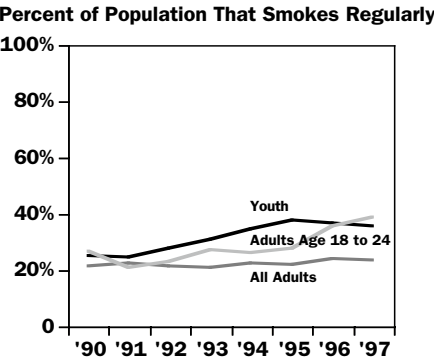
Eleven percent of adults reported having eaten less than they thought they should because there was not enough food or enough money to buy food and 8 percent of 8th to 12th grade students reported going to bed hungry because there was not enough food. Highest rates of hunger were found among adults age 18 to 24 (20%), adults with incomes under \$10,000 (34%), and adults with less than a high school diploma (17%).



This year’s highlights combine data from the 1996 and 1997 Vermont Adult Risk Factor Survey and the 1997 Vermont Youth Risk Factor Survey. The highlights provide information about specific personal behaviors that directly affect the health of the population and contribute to the leading causes of death and disease. The prevalence of these behaviors among Vermonters is analyzed by age, gender, income and education level. Adults are defined as age 18 and older, while youths are defined as 8th through 12th grade students.

Smoking

Twenty-three percent of adults and 36 percent of youths report smoking. The percentages for males and females were similar for both adults (25% vs. 21%) and youth (35% vs. 36%). Smoking rates are highest among adults age 18 to 24 (39%), among adults with incomes below \$10,000 (40%), and among adults who did not graduate from high school (34%).



Chronic Drinking

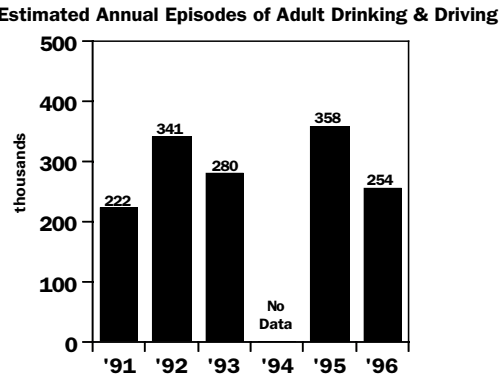
Chronic drinking, defined as an average of two or more drinks per day, was reported by 4 percent of adults. Youth chronic drinking, defined as drinking alcohol on 10 or more days during the past 30 days, was reported by 9 percent of youth. Men had a higher prevalence of chronic drinking than women (6% vs. 2%) and boys had a higher prevalence than girls (11% vs. 6%). Chronic drinking is highest among adults age 18 to 24 (10%) and among adults with incomes under \$10,000 (10%).

Binge Drinking

Sixteen percent of adults and 31 percent of youths reported binge drinking—having five or more drinks on one or more occasions in the past month. Binge drinking was higher among men than women (25% vs. 7%) and higher among boys than girls (35% vs. 28%). Adults age 18 to 24 reported the most binge drinking (40%), followed by 8th to 12th grade boys (35%).

Drinking and Driving

Three percent of adults and 13 percent of youths said that they drink and drive. Men (5%) were more likely to report drinking and driving than women (1%). Adults with incomes between \$10,000 and \$19,999 (8%) and those age 18 to 24 (10%) reported the highest levels of drinking and driving. Based on the overall prevalence figures, Vermonters engaged in about 254,000 episodes of drinking and driving in 1996.



ABOUT THE DATA

The information contained in this summary is based on Vermont’s 1996 and 1997 Adult Behavioral Risk Factor Surveys and 1997 Youth Risk Behavior Survey.

Vermont has participated with other states in the Adult Behavioral Risk Factor Survey since 1990. Information is collected through a telephone survey with a standardized sample selection procedure and uniform set of questions. Each month, telephone calls were made to randomly selected households.

In 1996, 2500 adults age 18 and older were interviewed about their health related behaviors. In 1997, the sample was increased to 3,000. The results have been weighted by age and gender to represent the adult population of the state.

Through a cooperative agreement with the Department of Education, Vermont students in grades 8 through 12 have been surveyed every two years since 1985. The 1997 Youth Risk Behavior Survey measures the prevalence of behaviors that contribute to leading causes of death, disease and injury among youth.

Though over 23,000 Vermont high school and middle school students were surveyed in 1997, the youth statistics reported here are based on a representative sample of 8,636 students. The results were weighted to compensate for differences between the sample and the population of all 8th through 12th grade students in Vermont.

The percentages reported in this summary are estimates of risk behaviors within the entire population. Details on confidence intervals are available on request.

January 1998

VT Behavioral Health Risks 1996 & 1997

Percentage of Vermonters by Gender, Age, Income and Educational Level

	Smoking	Chronic Drinking	Binge Drinking	Drinking and Driving	Safety Belt Use	Fruits & Vegetables	Regular Exercise	Overweight	Condom Use	Hunger
Youth Total	36	9	31	13	75	40	40	-	60	8
Adult Total	23	4	16	3	74	29	25	28	53	11
Gender										
Youth - Males	35	11	35	16	70	42	45	-	63	9
Youth - Females	36	6	28	9	80	37	35	-	58	7
Adult - Males	25	6	25	5	66	21	24	32	60	11
Adult - Females	21	2	7	1	81	36	25	25	45	11
Age										
12-18	36	9	31	13	75	40	40	-	60	8
18-24	39	10	40	10	67	28	33	22	73	20
25-44	25	3	17	3	73	24	24	25	37	13
45-64	21	4	11	1	74	29	23	35	25	6
65+	9	2	2	0	82	40	21	30	-	4
Adult Income										
< \$10,000	40	10	22	2	72	29	27	36	-	34
\$10,000-19,999	36	6	15	8	71	25	24	35	-	18
\$20,000-34,999	26	3	17	2	70	26	21	29	-	10
\$35,000-49,999	18	3	17	3	77	26	27	25	-	5
\$50,000-74,999	12	4	15	3	78	29	23	25	-	4
\$75,000+	12	7	17	2	79	40	29	26	-	6
Adult Education										
< High School Grad	34	3	10	1	69	23	20	41	41	17
High School Grad	28	4	17	2	67	25	20	31	51	10
Some College	27	5	20	5	75	31	26	29	67	13
College Grad	11	4	13	3	84	33	31	20	42	6

DEFINITIONS

Smoking - Adults who reported having smoked at least 100 cigarettes in their lifetime and who currently smoke cigarettes. Youth who smoked on one or more days during the past 30.

Chronic Drinking - Adults who reported having an average of two or more alcoholic drinks per day (60 or more alcoholic drinks per month). Youth who drank alcohol on 10 or more days during the past 30.

Binge Drinking - People who reported having five or more drinks, one or more times in the past month.

Drinking and Driving - Adults who reported having driven after having too much to drink, one or more times in the

past month. Youth who drove after drinking any alcohol one or more times during the past 30 days.

Safety Belt Use - Adults who reported that they always or almost always wear safety belts when they drive or ride in a car. Youth who reported that they always or almost always wear safety belts when they ride in a car.

Fruits & Vegetables - People who reported eating five or more servings of fruits and vegetables per day.

Regular Exercise - Adults who report at least 30 minutes, and youth who report at least 20 minutes, of some type of regular exercise five or more times per week.

Overweight - Adult males with a body mass index (BMI) greater than or equal to 27.8 and adult females with a BMI greater than or equal to 27.3, are defined as overweight. BMI is weight in kilograms divided by height in meters squared.

Condom Use - Adults under age 50 with risk factors for sexually transmitted diseases and HIV who used a condom the last time they had sexual intercourse. Youth who are sexually active and who used a condom the last time they had sexual intercourse.

Hunger - People who reported having eaten less than they thought they should or going to bed hungry because there was not enough food or enough money to buy food one or more times during the past month.

